

State of Mississippi

State and School Employee's Health Plan

Motivating Mississippi
Keys to Living Healthy





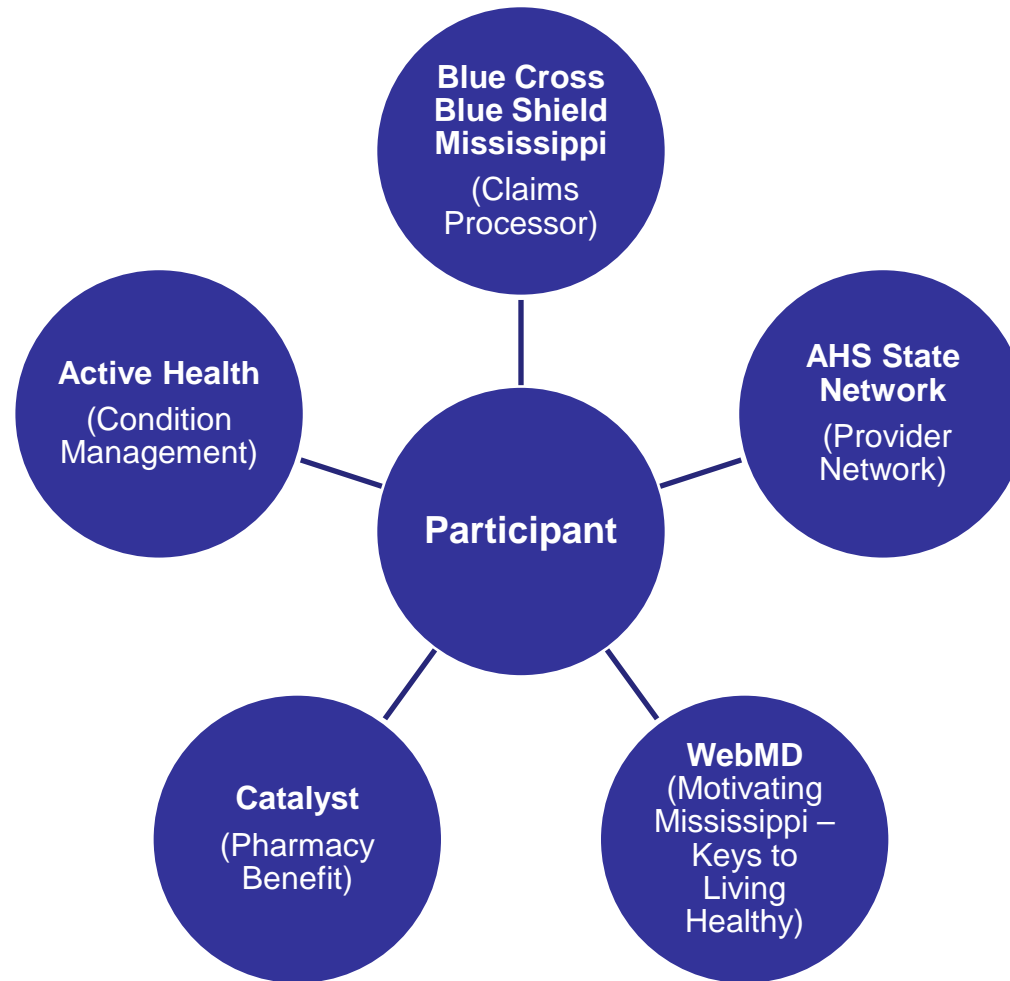
STATE AND SCHOOL
EMPLOYEES'

Life AND *Health* P L A N

Know Your Benefits



VENDORS WITHIN THE PLAN



PARTICIPATING ORGANIZATIONS

SSEHP (168,000+)

Elected
Officials &
Agencies

K-12 Public
Schools

College &
Universities

Library
Systems



GOALS & OBJECTIVES

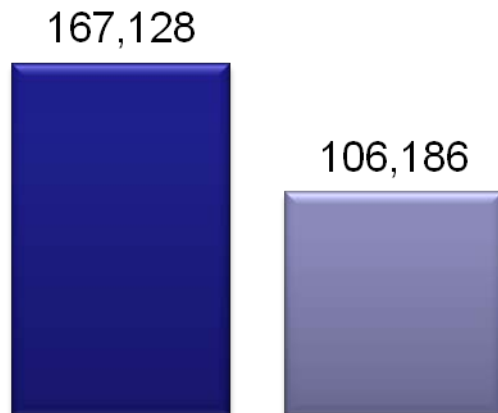
- *Boost participation with the WebMD Health Quotient*
- *Drive participants to annual physical exams*
- *Encourage participation on online tools and resources on the Motivating Mississippi – Keys to Living Health website*
- Reduce risk, impact health care cost



MOTIVATING MISSISSIPPI – WE ARE HEADED IN THE RIGHT DIRECTION

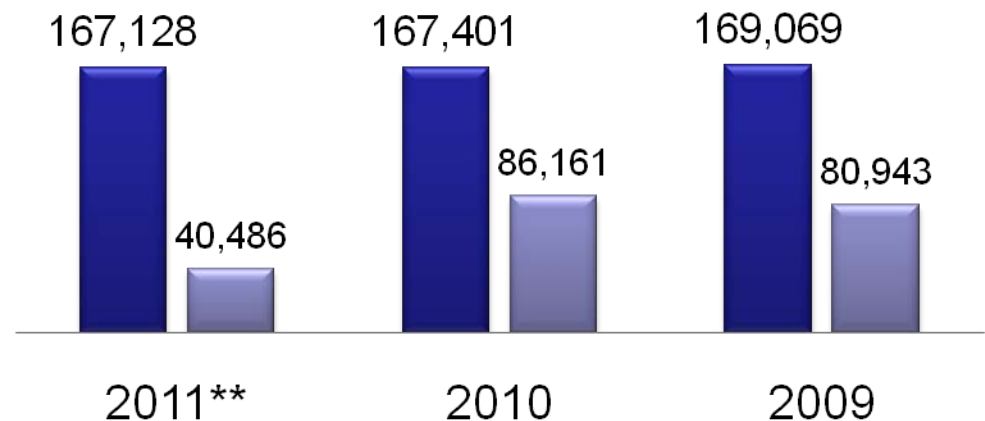
Registered on Website

■ Eligible* ■ Registered



HQ Participation

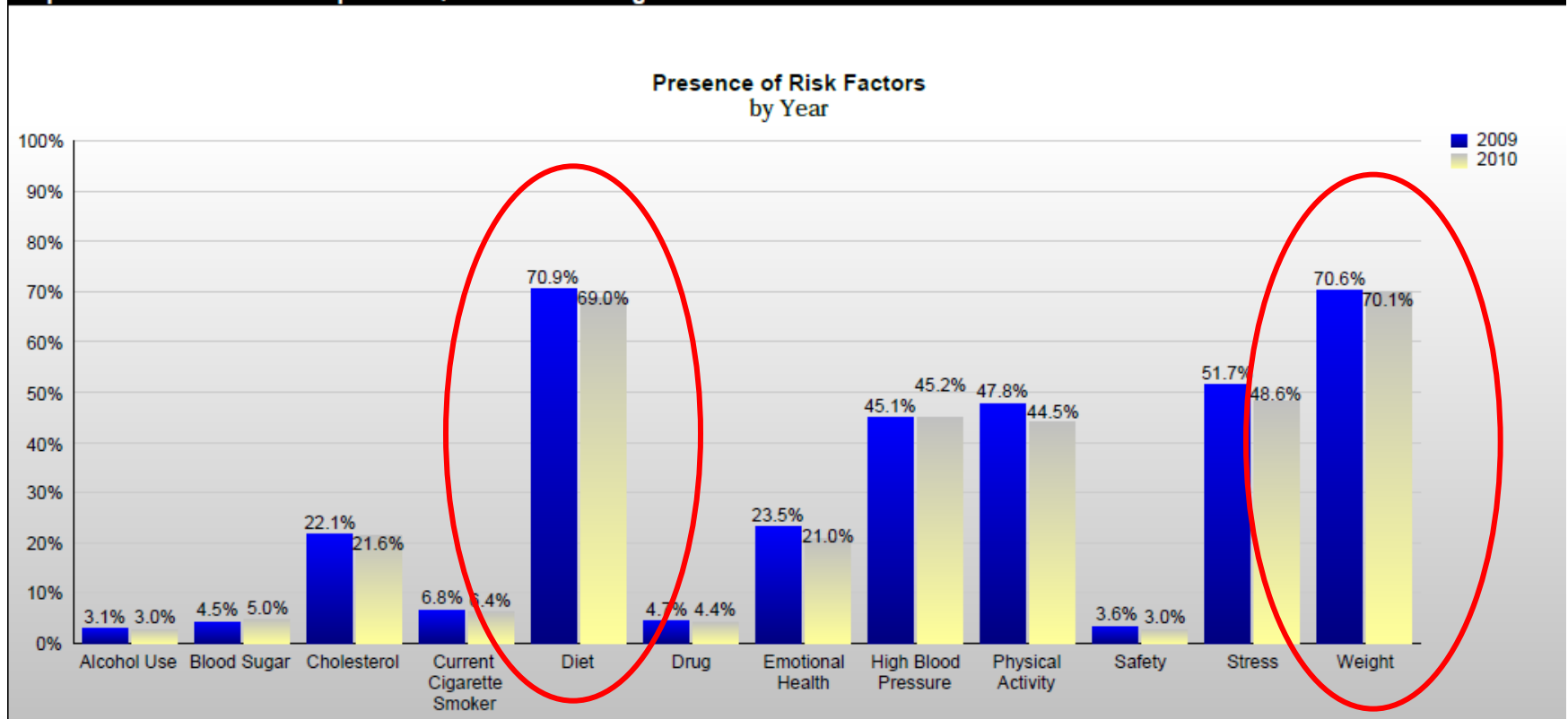
■ Eligible for HQ ■ Completed HQ



MOTIVATING MISSISSIPPI HEALTH RISKS

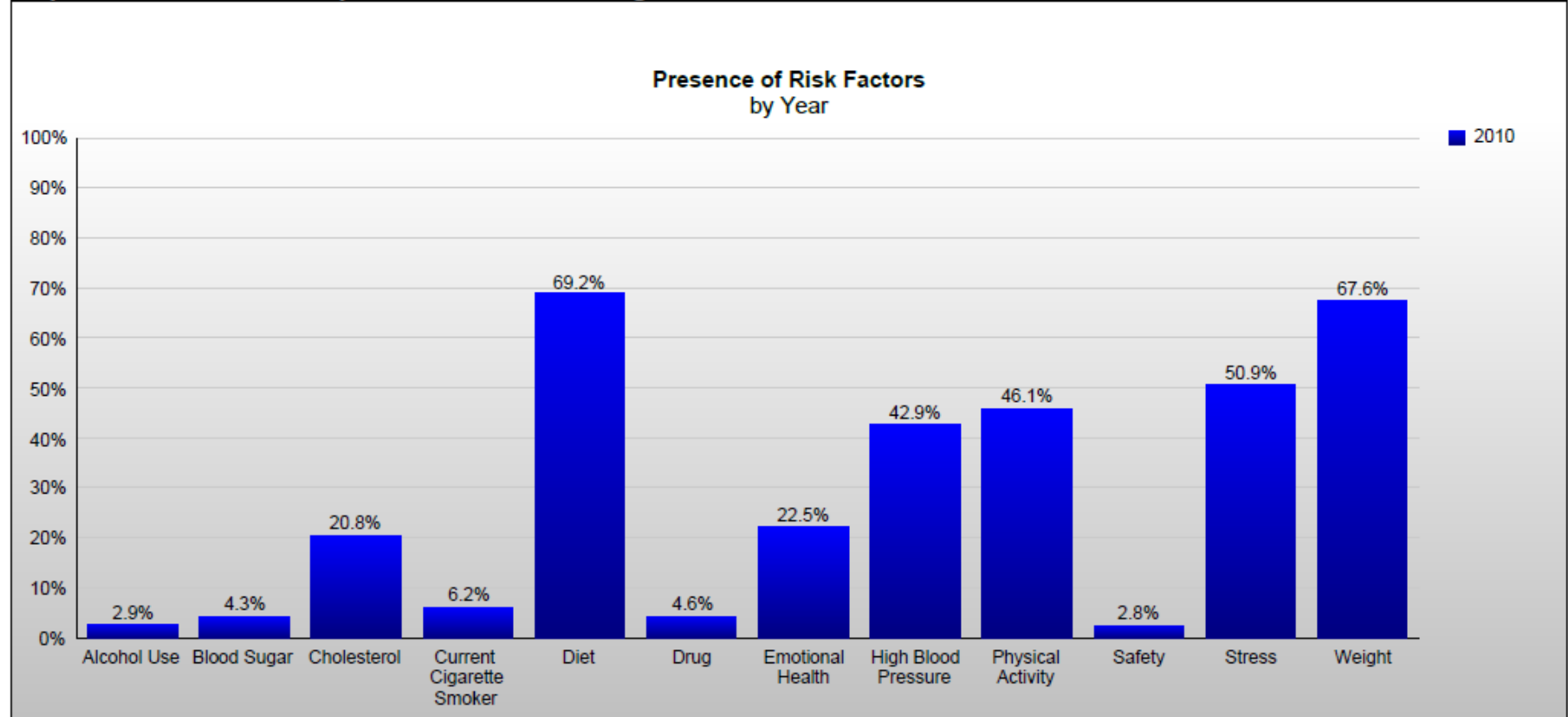
- Poor nutrition choices and body weight are the two greatest risks for your population
- Lack of physical activity, blood pressure and stress are next most prevalent

Proportion of Users Who Completed HQ with the following Risks



HEALTH RISKS - WOMEN

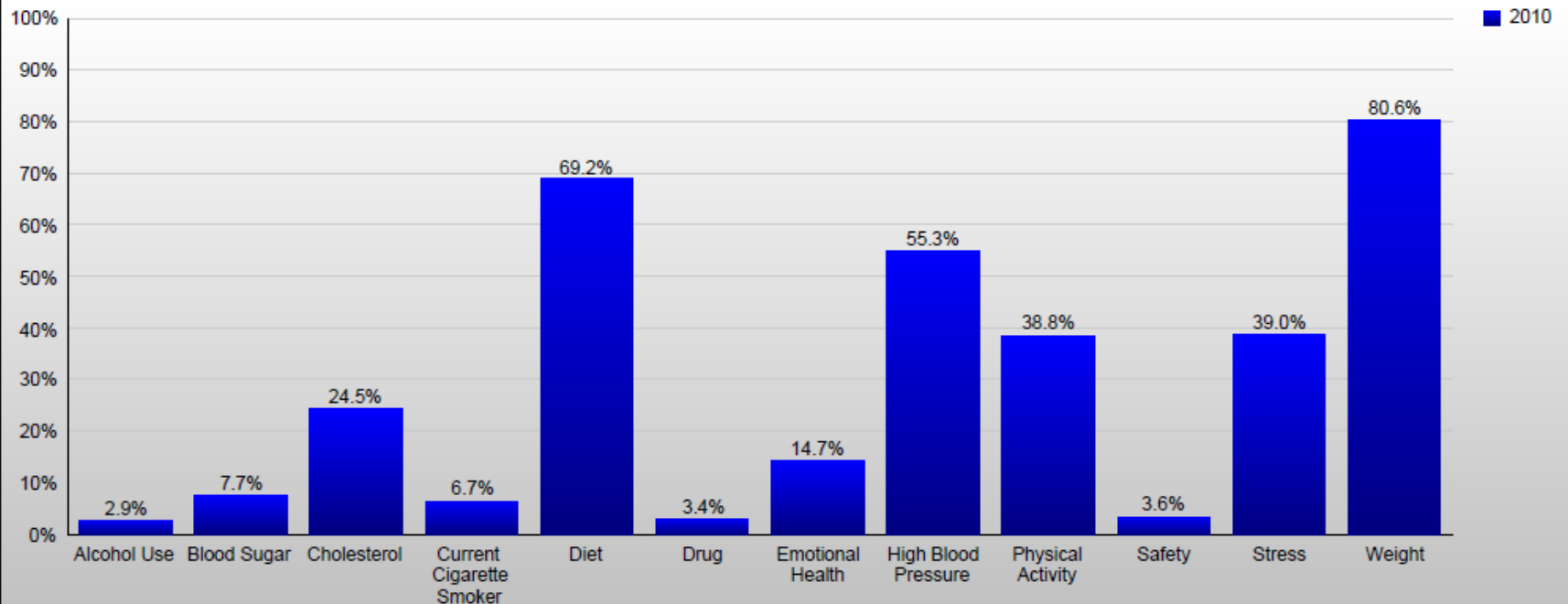
Proportion of Users Who Completed HQ with the following Risks



HEALTH RISKS - MEN

Proportion of Users Who Completed HQ with the following Risks

Presence of Risk Factors
by Year



DIFFERENCE IN MEN AND WOMEN

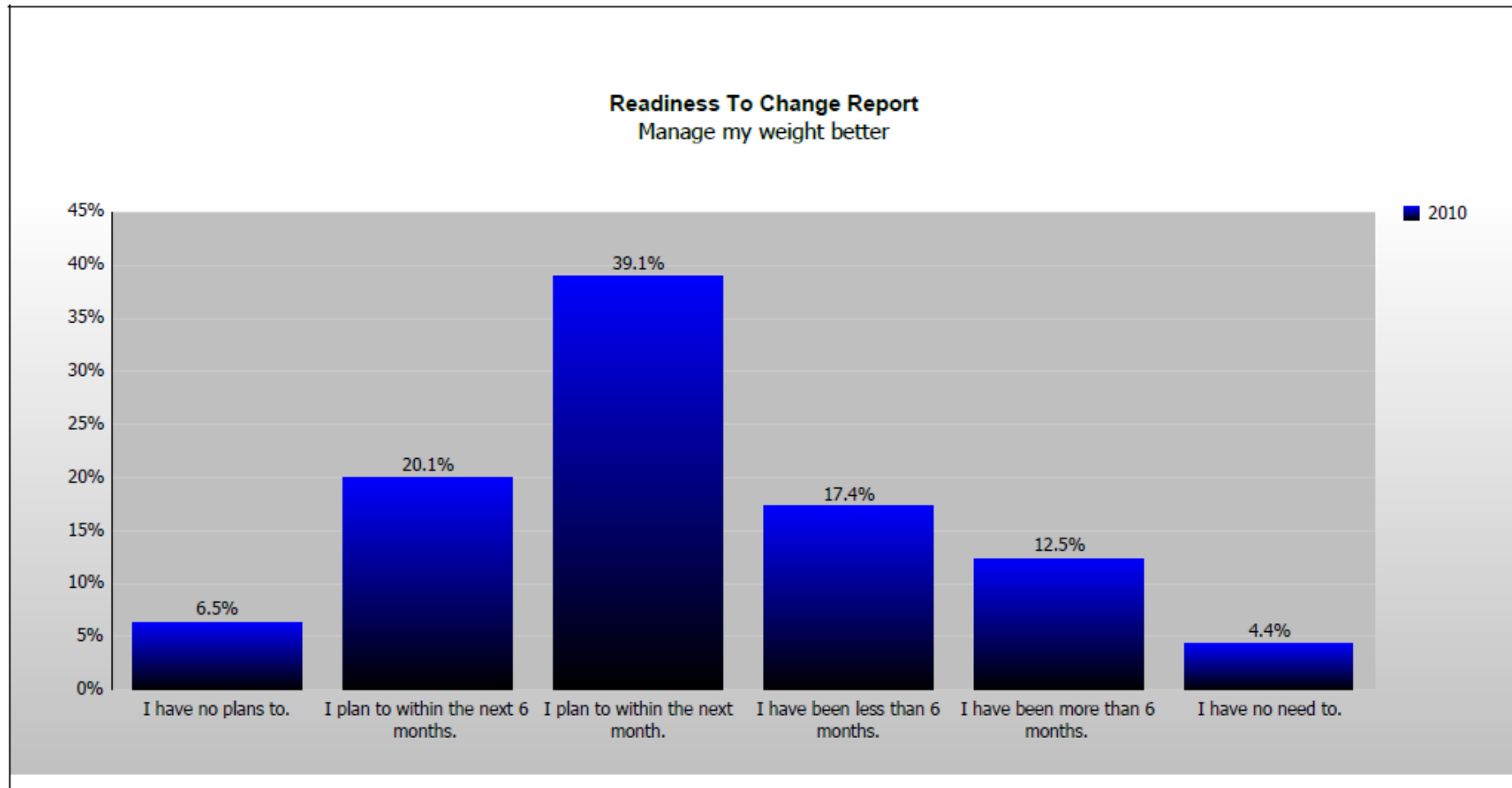
Male

- 80% Weight
- 69% Diet
- 55% High Blood Pressure
- 39% Stress
- 38% Physical Activity
- 14% Emotional Health

Female

- 67% Weight
- 69% Diet
- 50% Stress
- 46% Physical Activity
- 42% High Blood Pressure
- 22% Emotional Health

READINESS TO CHANGE - WEIGHT



COMMUNICATION SAMPLES



Eating colorful fruits and vegetables is a great way to ensure a healthy diet. And, better yet, eating fruits and vegetables can help you ward off risks of serious diseases such as cancer, Type 2 diabetes and heart disease.

Here are some simple ways to add color to your diet:

- Washed, ready-to-eat bagged salads
- Sliced up bell peppers (yellow, orange, red)
- Baby carrots
- Blueberries
- Sweet potatoes (use the microwave for quick cooking)

The **Nutrition Lifestyle Improvement Program** can help you learn how to eat healthier in a way that's right for you.

Go to www.webmdhealth.com/mississippi
and get started today!



Eating colorful fruits and vegetables is a great way to ensure a healthy diet. Participate in the **Nutrition Lifestyle Improvement Program** to make eating right easier!





CREATING A HEALTHIER MISSISSIPPI

AND SOME HAVE ALREADY ACHIEVED SUCCESS

- One of the participants lost 23 pounds since February of 2010
 - Increased water, fruit and vegetable consumption
 - Decreased fast food consumption, routinely takes lunch to work
 - Confident that she can continue to achieve her goals



She made the choice, developed a plan, took action and improved her health

AND SOME HAVE ALREADY ACHIEVED SUCCESS

- Another colleague decided to quit smoking – was at about 10 cigarettes per day
 - Upon cravings, drank water and went for walks
 - Slowly cut back to 5 cigarettes a day and hit a plateau
 - Increased activity level for something else to concentrate on with new goal of 3 cigarettes per day
 - Began stress management techniques and **six months after she began, she is smoke free**

She also made the choice to improve her health, and was successful



AND SOME HAVE ALREADY ACHIEVED SUCCESS

- A third participant lost 50 pounds by increasing his level of activity and making healthier eating choices
 - Wanted to have more energy but challenged finding time balancing family and work
 - Began using rowing machine 1 day per week and doing yard work on weekends
 - Increased walking pace and number of steps per day
 - Packs a lunch and limits fast food
 - Increased activity from one day a week to four – five days per week for 60 minutes each time

You can make the choice too!



WORLD NEWS

MISSISSIPPI RANKED ONE OF THE
HEALTHIEST STATES IN THE NATION!

Moore Center for the Performing Arts, 27579 Crossfield Drive in K&L, on Saturday, March 28 at 2 and 4 p.m. Tickets are \$38 for adults and \$18 for students for the evening performance and \$30 for adults and \$15 for students at the matinee performance. For reservations, call 544-0403.

• **UPCOMING** — The Palos Verdes Peninsula Unified School District and Friends of School Music host the 15th Palos Verdes Elementary Choral Festival on March 23, 24 and 25 at the Norris Center for the Performing Arts, 27570 Crossfield Drive in RHE. All shows begin at 7:00 p.m. For tickets, call the Norris box office at 344-0403.

• **ONCING** — The Distinctive Edge, 29050 S. Western Ave., Suite 113 in R/W, continues "Third Time's a Charm," an exhibit of 3-D collages by artist Steve Jacobson, through March 10. For gallery hours, call 823-3613.

• **COSSING** — "Natural Treasures" exhibition contin-

Two years ago, U.S. Navy personnel and their families assigned to the Arangi Navy base, home of the U.S.-A. Kinyawak, were treated to a rare experience when Terry Fleming and his local Irish-American band, Innisfree, traveled to the base to entertain them on St. Patrick's Day. Fleming and the other five members of Innisfree were delighted and honored to be able to go to Japan and lift the spirits, if only for a few hours, of the Navy personnel and their families.

For the third year in a row, Fleming — a local insurance broker in Rolling Hills by day and an entertainer by night — and the band travel to entertain the Navy men, women and families at various bases throughout Japan.

Fleming, the leader of the band on accordion and harmonica, actually is the only member of the band from Ireland. Other members include lead singer Julie Delaney, a civil engineer in Newport Beach; Terry Doyle, guitarist, a news director with CBS news; Devin Doyle, Celtic harpist, a professor at Glendale College; Kevin Wood, keyboards and bagpipes, music

teacher and assistant director of the Orange County Symphony; and Mike Tiffney, bass, a computer engineer. The band has been playing the length and breadth of California for the past 25 years. They have played at parties, wakes, weddings, birthdays and on occasions where there was little chance for throwing a party.

Fleming says it was by coincidence the band got the opportunity to travel to Japan. Another band was unable to travel at the last minute and so he and his band were offered the opportunity to go in their place.

With some trepidation they made their first trip and with the overwhelming response they received at Antrim, any fears they had were quickly allayed. On a damp St. Patrick's Day, hundreds of families, clad in many shades of green, whooped it up, sang their hearts out and danced up a storm. As the evening wore on, many in the audience were emboldened to try their hand or foot at the Irish jig, with much encouragement from the band.

Even though far from home, the Arcturys base — situated a few hours

worth of Tokyo — felt like home away from home, with its lush green rolling landscape and its multitude of cherry blossom trees. "It's Fleming says, "was struck by the commitment and dedication of our men and women in uniform as they played their part in protecting and serving in an ever-challenging and hostile world."

A couple of the families even took time out from their busy schedule to host Terry and the band members. They treated them to a guided tour of the base and accompanied them on a few exciting trips off the base, visiting beautiful ancient temples, monuments and several great beaches.

On a visit to downtown Tokyo, the band came across what they assumed was a very rare sight, a place called "Scruffy Mology," an Irish pub located in the heart of a bustling downtown. Upon checking the establishment out, they discovered a real authentic Irish Pub with excellent Guinness and good pub grub. It also happened to be open *enr*, right, so the band members took over the stage.

and entertained the locals for a few day-filled hours. It turned out that it was just one of many establishments in the city.

A special bond developed between the band members and these families, and already exchange visits have occurred when the same families were on leave in the United States.

For more information about the fund, log on to www.baniffund.com.

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